

Special Events and Activities

Silver Sneakers Fitness Program and Forever Fit Medicare participants have access to the **Martin Janis** fitness center at no additional cost as part of the benefits from their health insurance provider. Check with your HealthCare provider for eligibility.

Antique Appraisal Fair:

Friday, April 3, 2015 10am-3pm. \$4.00 per item ,3 items per person.

Annual Combined Spring Potluck Picnic with the

Adult Water Aerobics Class ~Wednesday, May 27 ~ 12 noon

Coming in June 2015

Water Color Workshop: With Gail Paulus Cost:\$10.00

Some supplies provided. Signup now, dates to be announced.

State Fair Vendor Signup : June 15th-30th

One Table and one chair Cost: Members \$150.00 for 12 days

Non-members. \$200.00 for 12 days. Additional tables \$25.00.

Limited space available.

Don't forget to check your newsletter for trips and events.



CHECK FOR B-I-N-G-O DATES!!!

Classes and events subject to change without notice.

MARTIN JANIS 50+ SPRING SCHEDULE

SPRING REGISTRATION 3/16-3/20

SPRING SESSION 3/23-5/22

OPERATING HOURS

MONDAY -WEDNESDAY & FRIDAY 8-5

THURSDAY 8:00am-8:30pm



MONDAY

8-5 Fitness Center (\$10 session)
 9-10 Yoga Stretch (\$15 session/\$2 per class)
 9-3:30 Stained Glass (\$15 two months)
 9-3:30 Wood Shop
 10:15-12:30 Wheel Thrown Ceramic (\$15 session)
 10:00-11:00 Beginning Digital Photo (**New Students**)
 11-12 Beginning Digital Photography
 12-2 Needle Working Group
 1:30-4 Wheel Thrown Ceramics (\$15 session)

TUESDAY

8-5 Fitness Center 2:30 YOGA @ GILLIE (D'Lyn)
 9:15—9:45 30 min walk
 9-3:30 Wood Shop
 9-10 Hand Building W/Clay (\$15 session)
 10-11 Aerobic Stretch
 10-12 Lampworking (current students only 6 weeks/\$40)
 10-2 Model RR
 11-12 Arthritis Foundation Exercise Program
 1-2 Line Dance
 1-2 Aerobic Stretch

WEDNESDAY

8-5 Fitness Center 10-2 Model Railroad
 9-3:30 Wood Shop 10-11 Chair Fitness
 9-3:30 Stained Glass
 9-10 Yoga Stretch
 9:30-1:30 Lapidary (\$2 per class) 10:15-11:45 Empty Bowl Workshop
 9-12 Painting and Drawing \$15

WEDNESDAY (Cont.)

11-12 Hot Licks (drum group)
 12-1 Digital Photo (See Mike)
 12-2 Needle Working Group
 12:30-3:30 Drawing and Painting
 2-2:30 Tai Chi
 2:45-4:15 Goodwill/Sage/ Hand building
 3-4:45 Square Dance (Caller Fee)

THURSDAY

8-5 Fitness Center 9-11 RE-creation Recreation **NEW!!**
 10-11 Aerobic Stretch Re-purposing materials into unique objects
 10-2 Lapidary
 11-12 Arthritis Foundation Exercise Program
 12-2 Lampworking (current students only 6 weeks/\$40)
 1-2 Aerobic Stretch
 1:30-4:00 UFO (unfinished objects)
 3-8:30 Model Railroad
 3:30-8:30 Stained Glass
 6-8:30 Lapidary

FRIDAY

8-5 Fitness Center 11-12 Learn to speak Italian
 9-3:30 Stained Glass (call ahead) 12-2 Needle Working Group
 9-10 Yoga Stretch Crochet, Knitting, Handloom
 9-2 Lapidary 2-3 Surface Design On Clay.
 9-3:30 Wood Shop 3:30-4:30 Movement
 9:15 30 min walk 12-4 Let's Play -Cards, Pool, Wii
 9:30 Painting Studio (\$15) Bid Whist
 10-11 Chair Workout